The Basic Core

粵語

Cantonese

Cantonese, August 2018

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name

classroom

basic core start date

basic core finish date

What is the Basic Core?

The Basic Core contains essential elements of the language you will need to master in order to fulfill your purpose in your mission language. It will help you establish a foundation, focus your study, and evaluate your progress. The Basic Core includes vocabulary, phrases, and scriptures that will help you master the six teaching tasks. Set goals and work diligently to quickly master the these tasks.

What are the 6 Tasks?

Meet Someone
Offer a Prayer
Testify
Extend an Invitation
Share a Scripture
Give a Simple Overview

Which Scriptures and Passages?

Your Missionary Purpose

Moroni 10:3-5

Baptismal Invitation

Joseph Smith's First Vision

How Long Do I Have?

You will have ten days to master the six tasks, additional vocabulary, and the four scriptures and passages.

How Do I Track My Progress?

Your teacher or companion will check the box to the left of the task or vocabulary when you can correctly answer the question "what is _____ in Cantonese?"

The 5 Principles of Memorization

1. **Know the Meaning:** Always find out the meaning of what you are learning and write it down if necessary. When you are learning words, don't ignore how prefixes and suffixes affect meaning. Additionally, you should practice repeating the meaning of each word out loud.

2. **Focus on the Form:** All language is made up of two things: the meaning and the words which carry that meaning. Form includes how it sounds, how it's pronounced, and how it's written. Form also includes noticing patterns in grammar and word order in phrases. Find out how to say each word and practice until you can pronounce it correctly.

3. **Practice Aloud:** We learn and remember language better when we practice it physically, building muscle memory. Practice your words, phrases, or grammar out loud, repeatedly. Say it again and again until it becomes automatic and you can do it without looking.

4. **Apply it:** Applying it well means using what you are learning in real situations. If it's part of a lesson, practice teaching it to your companion. Finally, think about the meaning of what you say and express it with feeling.

5. **Plan Spaced Reviews:** Step 5 moves language to your long-term memory where it will remain for good. Early reviews should be done aloud and may require you to use notes or materials to look up certain parts. They are completed when you can fluently produce the vocabulary or grammar without looking at notes. Later reviews can be less frequent and can be done without notes while doing other physical tasks like walking or standing.

Scriptures and Passages

- ☐ Your Missionary Purpose

  Preach My Gospel, 1

- ☐ The Baptismal Invitation

  Preach My Gospel, 40

- ☐ Joseph Smith's First Vision

  Preach My Gospel, 37

- ☐ Moroni 10:3-5

Alphabet and Pronunciation

Initial Sounds

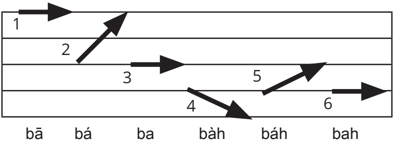
	Initial	Pronunciation
☐	p	pop
☐	b	bill
☐	m	man
☐	f	fan
☐	t	tin
☐	d	dome
☐	n	nice
☐	l	like
☐	g	get
☐	k	kick
☐	ng	sing
☐	h	hand
☐	gw	squad
☐	kw	quick
☐	w	wish
☐	j	adds
☐	ch	bets
☐	s	sit
☐	y	yes

Final Sounds

	Final	Pronunciation
☐	a	spa
☐	aai	eye
☐	aau	ouch
☐	aam	Vietnam
☐	aan	swan
☐	aang	swan+tong
☐	aap	ab (British)
☐	aat	attitude (British)*
☐	aak	ark+back*
☐	ai	kite
☐	au	out
☐	am	some
☐	an	sun
☐	ang	lung
☐	ap	cup*
☐	at	cut*
☐	ak	luck*
☐	e	ten
☐	ei	say
☐	eng	angry
☐	ek	peck*

☐	i	feet
☐	iu	few
☐	im	seem
☐	in	seen
☐	ing	sing
☐	ip	sleep*
☐	it	meet*
☐	ik	sick*
☐	o	saw
☐	oi	boy
☐	ou	foe
☐	on	on
☐	ong	song
☐	ot	hot (British)*
☐	ok	sock*
☐	u	do
☐	ui	bamboo + you
☐	un	soon
☐	ung	own
☐	ut	boot*
☐	uk	look*
☐	eu	curve
☐	eui	curve + bee (shape lips as if pronuncing "eu")
☐	eun	person (shape lips as if pronuncing "u")
☐	eung	earn (without the "r" sound) + young
☐	eut	put*
☐	euk	work*
☐	yu	bee (shape lips as if pronuncing "u")
☐	yun	funeral
☐	yut	bee (shape lips as if pronuncing "u") + put*

*The final consonants *p*,*t*,*k* are unreleased. This means that they are virtually silent.



Meet Someone

Phrases

☐	How are you doing?	Léih hóu ma?
☐	I am Elder ____.	Ngóh haih _____ Jéunglóuh.
☐	I am from ____.	Ngóh hái _____ làih ge.
☐	I am Sister ____.	Ngóh haih _____ Jímuih.
☐	My name is ____.	Ngóh giu _____.
☐	Pleased to meet you.	Hóu gōuhing yihngsīk léih.
☐	What is your name?	Léih giu mātyéh méng?
☐	Where are you from?	Léih hái bīndouh làih?
☐	Hello.	Léih hóu.
☐	Goodbye.	Joigin.

Vocabulary Words

☐	brother	hīngdaih
☐	brother (older)	gòhgō
☐	brother (younger)	sailóu
☐	city	sìhngsíh
☐	companion	tùhngbuhn
☐	country	gwokgā
☐	countryside	hēungchyūn
☐	daughter	léuih
☐	Elder	Jéunglóuh
☐	family	gātìhng
☐	father	bàhbā
☐	from (location)	hái
☐	good	hóu
☐	good afternoon	ńghngōn
☐	good evening	máahnngōn
☐	good morning	jóusàhn
☐	he	kéuih
☐	her	kéuih ge
☐	his	kéuih ge
☐	how	dímyéung
☐	husband	sīnsāang
☐	I	ngóh
☐	it	kéuih
☐	its	kéuih ge
☐	Lord	Jyú
☐	married	yíhfān
☐	missionary	chyùhngaausih

☐	mother	màhmā
☐	my	ngóh ge
☐	name	méng
☐	nice (characteristic)	yáuhsihn
☐	nice (feeling)	hóuhóu
☐	pleasure	gōuhing
☐	representative	doihbíu
☐	servant	buhkyàhn
☐	she	kéuih
☐	Sister	Jímuih
☐	sister (older)	gājē
☐	sister (younger)	saimuí
☐	son	jái
☐	Son	Yìhjí
☐	The Church of Jesus Christ of Latter-day Saints	Yèhsōu Gēidūk Hauhkèih Singtòuh Gaauwúi
☐	their	kéuihdeih ge
☐	they	kéuihdeih
☐	to be	haih
☐	to be (characteristic)	hóu
☐	to come	làih
☐	to get to know	yihngsīk
☐	to go	heui
☐	to grow up	jéungdaaih
☐	to have	yáuh
☐	to know	jīdou
☐	to live	jyuh
☐	to meet (someone)	tùhg _____ ginmihn
☐	to please	gōuhing
☐	to represent	doihbíu
☐	town	síhjan
☐	we	ngóhdeih
☐	what	mātyéh
☐	where	bīndouh
☐	which, what	bīn yāt go
☐	wife	taaitáai
☐	you	léih
☐	you (plural)	léihdeih
☐	your	léih ge

Offer a Prayer

Phrases

☐	Dear Heavenly Father,	Chānngoi ge Tīnfuh,
☐	Please help us to learn ____.	Chíng bōng ngóhdeih hohkjaahp ____.
☐	We thank thee for Thy love.	Ngóhdeih gámjeh Léih deui ngóhdeih ge ngoi.
☐	We ask Thee to bless us with Thy Spirit.	Ngóhdeih kèihkàuh Léih ge Lìhng hóyíh tùhng ngóhdeih yātchàih.
☐	Please bless my companion.	Kèihkàuh Léih jūkfūk ngóh ge tùhngbuhn.
☐	God always listens to our prayers.	Sàhn wúih sìhsìh tēng ngóhdeih ge tóugou.
☐	In the name of Jesus Christ, amen.	Fuhng Yèhsōu Gēidūk ge mìhng, aa-mùhn.

Vocabulary Words

☐	always	sìhngyaht
☐	amen	aa-mùhn
☐	answer	daapfūk
☐	blessing	jūkfūk
☐	charity	yàhnngoi
☐	comfort	ngōnwai
☐	dear	chānngoi ge
☐	for	waih
☐	gift of tongues	yúhyìhn ge yānchi
☐	grateful	gámgīk
☐	gratitude	gámjeh
☐	guidance	jíyáhn
☐	Heavenly Father	Tīnfuh
☐	help	bōngjoh
☐	house	ngūkkéi
☐	inspiration	lìhnggám
☐	Jesus Christ	Yèhsōu Gēidūk
☐	opportunity	gēiwuih
☐	our	ngóhdeih ge
☐	patience	noihsing
☐	prayer	kèihtóu
☐	prophet	sīnjī

☐ safety	ngōnchyùhn
☐ strength	lihkleuhng
☐ thankful	gámjeh
☐ thanks	mhgōi
☐ the Holy Ghost	Singlìhng
☐ to address	chīngfū
☐ to ask (in prayer)	kèihkàuh
☐ to bless	jūkfūk
☐ to close	gitchūk
☐ to communicate	kāutūng
☐ to confirm	jingsaht
☐ to express	bíudaaht
☐ to feel	gámgok
☐ to find out	wánchēut
☐ to forgive	fūnsyu
☐ to give	béi
☐ to hear	tēng
☐ to help	bōngjoh
☐ to invite	yīuchíng
☐ to kneel	gwaihdāi
☐ to learn	hohkjaahp
☐ to listen	lìhngting
☐ to offer (prayer)	jouh
☐ to pray	kèihtóu
☐ to receive	dākdou
☐ to thank	gámjeh
☐ to want	séung
☐ today	gāmyaht
☐ tomorrow	tīngyaht
☐ truth	jānléih
☐ when	géisìh
☐ with	tùhng

Testify

Phrases

☐	God is our Heavenly Father.	Sàhn haih ngóhdeih ge Tīnfuh.
☐	We are His children.	Ngóhdeih haih Kéuih ge yìhléuih.
☐	Jesus Christ is the Son of God.	Yèhsōu Gēidūk haih Sàhn ge Yìhjí.
☐	Through His Atonement, we can receive eternal life.	Jihkjeuhk Gēidūk ge Suhkjeuih, ngóhdeih hóyíh dākdou wíhngsāng.
☐	We can return to God by keeping ourselves clean.	Yùhgwó ngóhdeih bóuchìh gitjihng ge wá, ngóhdeih hóyíh fāan dou Sàhn ge sānbīn.
☐	I know that _____.	Ngóh jīdou _____.
☐	I am thankful for the love of our Heavenly Father.	Ngóh gámjeh Tīnfuh béi ngóhdeih ge ngoi.

Vocabulary Words

☐	atonement	suhkjeuih
☐	because	yānwaih
☐	blessed	mùhngfūk
☐	children	jáiléui
☐	church	gaauwúi
☐	clean	gitjihng
☐	closer	ganggā jipgahn
☐	commandment	gaaimihng
☐	effect	yínghéung
☐	feeling	gámsauh
☐	forgiveness	fūnsyu
☐	God	Sàhn
☐	gospel	fūkyām
☐	heart	sām
☐	Holy Ghost	Singlìhng
☐	hope	hēimohng
☐	if	yùhguó
☐	Joseph Smith	Yeuksāt Sīmaht
☐	joy	héilohk
☐	lives	wuhtjeuhk

☐	living	wuhtjeuhk
☐	love	ngoi
☐	loving	chìhngoi
☐	mind (thought)	sīséung
☐	must	bītsēui
☐	peace	pìhngngōn
☐	priesthood	singjīk
☐	sacred	sàhnsing
☐	Savior	Gaujyú
☐	Spirit	Lìhng
☐	testimony	ginjing
☐	that	gógo
☐	The Book of Mormon	Mōyíhmùhngīng
☐	this	līgo
☐	to answer	daapfūk
☐	to appear	hínyihn
☐	to be able to	nàhnggau
☐	to believe	sēungseun
☐	to change	góibin
☐	to desire	hotmohng
☐	to exist	chyùhnjoih
☐	to follow	gānchèuih
☐	to keep	jēunsáu
☐	to love	ngoi
☐	to sacrifice	hēisāng
☐	to testify	ginjing
☐	to witness	ginjing
☐	true	jānsaht ge

Extend an Invitation

Phrases

☐	Will you be baptized?	Léih wúih mh wúih jipsauh sáiláih?
☐	How can we help you to prepare for baptism?	Ngóhdeih hóyíh dímyéung bōng léih jéunbeih jipsauh sáiláih?
☐	In order to be baptized, you need to attend church regularly.	Waihjó hóyíh jipsauh sáiláih, léih sēuiyiu sìhsìh fāan gaauwúi.
☐	I know that God will bless you for your faith to repent.	Ngóh jīdou Sàhn wúih yānwaih ngóhdeih yáuh fuigói ge seunsām yìh jūkfūk ngóhdeih.
☐	Will you pray to God about the truthfulness of the Book of Mormon?	Léih wúih mh wúih kèihtóu kàuhmahn Sàhn Mōyíhmùhngīng haih mh haih jānsaht?

Vocabulary Words

☐	baptism	sáiláih
☐	commitment	sìhngnohk
☐	congratulations	gūnghéi
☐	covenant	singyeuk
☐	daily	múihyaht
☐	difficult	nàahn
☐	doubt	wàaihyìh
☐	evening	wòhngfān
☐	example (person)	bóngyeuhng
☐	happiness	hahngfūk
☐	message	seunsīk
☐	problem	mahntàih
☐	question	mahntàih
☐	Sabbath day	Ngōnsīk yaht
☐	sad	nàahngwo
☐	suggestion	ginyíh
☐	the Word of Wisdom	Jiwaiyúh
☐	to attend	chēutjihk
☐	to baptize (someone)	waih _____ sīsái
☐	to begin	hōichí
☐	to call	jiuhwuhn

- [ ] to come by — làih
- [ ] to commit — sìhngnohk
- [ ] to continue — gaijuhk
- [ ] to discuss — tóuleuhn
- [ ] to experience — gīnglihk
- [ ] to extend — tàihchēut
- [ ] to hope — hēimohng
- [ ] to make sure — kokdihng
- [ ] to obey — fuhkchùhng
- [ ] to overcome — hākfuhk
- [ ] to prepare — jéunbeih
- [ ] to promise — yinghéui
- [ ] to recommit — chùhngsān sìhngnohk
- [ ] to repent — fuigói
- [ ] to return — fāan
- [ ] to start — hōichí
- [ ] to stop — tìhngjí
- [ ] to strengthen — gúnggu
- [ ] to trust — seunlaaih
- [ ] to try — sèuhngsi

Share a Scripture

Phrases

☐	May we read a scripture in the Book of Mormon together?	Ngóhdeih hó mh hóyíh yātchàih duhk līujit hái Mōyíhmùhngīng ge gīngmàhn?
☐	Let's read a scripture about faith.	Ngóhdeih yātchàih duhk háh gwāanyū seunsām ge gīngmàhn.
☐	Please, read these verses out loud.	Chíng léih duhkchēut līujit gīngmàhn.
☐	It's on page ____.	Hái daih _____ yihp.
☐	According to this verse, why is baptism important?	Gāngeui līujit gīngmàhn, sáiláih dímgáai gam juhngyiu?
☐	How do you feel about ____?	Léih deui _____ yáuh mātyéh gámgok?
☐	Diligently studying the scriptures helps us to understand truth.	Kàhnlihkgám yìhnduhk gīngmàhn bōngjoh ngóhdeih mìhngbaahk jānléih .

Vocabulary Words

☐	about	gwāanyū
☐	aloud	chēut
☐	Bible	Singgīng
☐	chapter	jēung
☐	Doctrine and Covenants	Gaauyih wòh Singyeuk
☐	during	hái _____ ge sìhhauh
☐	experience	gīngyihm
☐	important	juhngyiu
☐	New Testament	Sānyeuk
☐	number	soujih
☐	Old Testament	Gauhyeuk
☐	on	hái
☐	page	yihp
☐	Pearl of Great Price	Mòuhga Jānjyū
☐	people	yàhn
☐	please	chíng
☐	principle	yùhnjāk
☐	promise	yinghéui
☐	scripture	gīngmàhn
☐	section	pīn

☐	there is	yáuh
☐	thought	lámfaat
☐	to apply	wahnyuhng
☐	to become	sìhngwàih
☐	to explain	gáaisīk
☐	to find	wán
☐	to like	jūngyi
☐	to look for	wán
☐	to mean	yisī
☐	to notice	làuhyi
☐	to read	duhk
☐	to share	fānhéung
☐	to show	bíumìhng
☐	to study	yìhnduhk
☐	to teach	gaaudouh
☐	to think	lám
☐	verse	jit
☐	while	dōng
☐	one	yāt
☐	two	yih
☐	three	sāam
☐	four	sei
☐	five	ńgh
☐	six	luhk
☐	seven	chāt
☐	eight	baat
☐	nine	gáu
☐	ten	sahp

Give a Simple Overview

Phrases

☐	Do you believe in God and Jesus Christ?	Léih sēung mh sēungseun Sàhn tùhng Yèhsōu Gēidūk?
☐	What has lead you to believe that?	Yáuh dī mātyéh lihng léih sēungseun nē?
☐	Through Jesus Christ, we can overcome sin.	Jihkjeuhk Yèhsōu Gēidūk, ngóhdeih hóyíh hākfuhk jeuihngok.
☐	We are missionaries of The Church of Jesus Christ of Latter-day Saints.	Ngóhdeih haih Yèhsōu Gēidūk Hauhkèih Singtòuh Gaauwúi ge chyùhngaausih.
☐	The Book of Mormon testifies of Jesus Christ.	Mōyíhmùhngīng waih Yèhsōu Gēidūk jok ginjing.
☐	Would you like to learn more about the Book of Mormon?	Léih séung mh séung líuhgáai gangdō gwāanyū Mōyíhmùhngīng?
☐	We have a message about Jesus Christ.	Ngóhdeih yáuh yātgo gwāanyū Yèhsōu Gēidūk ge seunsīk.

Vocabulary Words

☐	faith	seunsām
☐	first	daihyāt
☐	in	hái
☐	knowledge	jīsīk
☐	life (daily)	sāngwuht
☐	more	gangdō
☐	no	móuh
☐	obedience	fuhkchùhng
☐	or	waahkjé
☐	plan	gaiwaahk
☐	repentance	fuigói
☐	restored	fuhkhīng ge
☐	salvation	gauyān
☐	thing	sihchìhng
☐	time	sìhgaan
☐	to come back	fāanlàih
☐	to enjoy	héungsauh
☐	to restore	fuhkhīng
☐	to take	ló

☐	to talk	góng
☐	well	hóuhóu
☐	what	mātyéh

Helpful Phrases

Phrases

☐	Did I understand you correctly?	Ngóh yáuh móuh léihgáai cho léihge yisī?
☐	Did you understand?	Léih mìhng mh mìhngbaahk?
☐	Excuse me.	Mhhóuyisī.
☐	Good job!	Jouh dāk hóu!
☐	Help me, please.	Màhfàahn léih bōngbōng ngóh.
☐	How do you say ___?	___dím góng?
☐	I don't understand.	Ngóh mh mìhngbaahk.
☐	I have a question.	Ngóh yáuh yāt go mahntàih.
☐	I'm not sure that I understand you.	Ngóh mh haih hóu mìhngbaahk léih góng ge yéh.
☐	I'm sorry.	Deui mh jyuh.
☐	It's ____ o'clock.	Yīgā haih _____ dímjūng.
☐	It's okay.	Mh gányiu.
☐	May I speak in English?	Ngóh hó mh hóyíh góng Yīngmáhn?
☐	No problem.	Móuh mahntàih.
☐	Please say it again.	Màhfàahn léih góng dō yāt chi.
☐	Repeat that please.	Màhfàahn léih chùhng fūk yāt chi ā.
☐	Say it slower, please.	Mh gōi léih góng maahndī.
☐	Thank you.	Dōjeh.
☐	What does ____ mean?	_____ haih mātyéh yisī?
☐	What is this called in Cantonese?	Lī go Gwóngdūngwá dím góng?
☐	What is this called?	Lī go dím giu?
☐	What is your question?	Léih ge mahntàih haih mātyéh?
☐	What time is it?	Yīgā géidím?
☐	Where are we going?	Ngóhdeih yiu heui bīndouh?
☐	Would you repeat that please?	Léih hó mh hóyíh joi góng yāt chi?
☐	You're welcome.	Mh sái haakhei.

Vocabulary Words

☐	bathroom	sáisáugāan
☐	book	syū
☐	cafeteria	faahntòhng
☐	camera	séunggēi
☐	cell phone	sáutàih dihnwá
☐	chair	dang
☐	classroom	fosāt
☐	clock	jūng
☐	companionship study	tùhngbuhntyùhn yìhnduhk
☐	computer	dihnlóuh
☐	devotional	kèihtóuwúi
☐	dictionary	jihdín
☐	district	deihkēui
☐	English	Yīngmáhn
☐	notebook	bātgeibóu
☐	paper	jí
☐	pen	bāt
☐	pencil	yùhnbāt
☐	personal study	goyàhn yìhnduhk
☐	slow	maahn
☐	teacher	lóuhsī
☐	telephone	dihnwá
☐	there	gódouh
☐	to repeat	chùhngfūk
☐	to review	wānjaahp
☐	to say	góng
☐	to understand	mìhngbaahk

Notes

Notes

THE CHURCH OF
JESUS CHRIST
OF LATTER-DAY SAINTS

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